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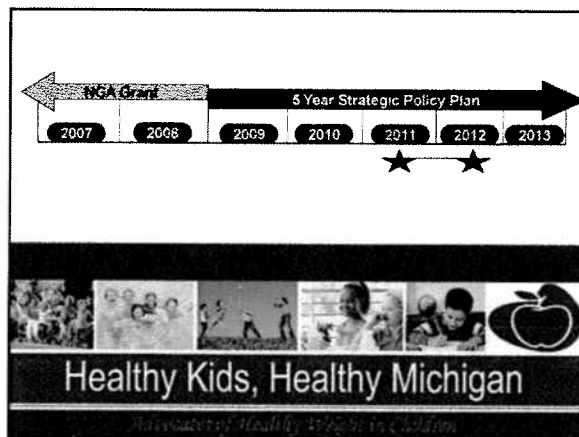
**Healthy Kids, Healthy Michigan**  
*Advocates for Healthy Weight in Children*

**Healthy Kids, Healthy Michigan**




**Ex-officio Steering Committee Members**

- Education Policy Action Team
- Community Policy Action Team
- Health, Family and Child Care Services Policy Action Team
- Michigan Department of Agriculture and Rural Development
- Michigan Department of Community Health
- Michigan Department of Education
- Michigan Department of Human Services
- Michigan Department of Licensing and Regulatory Affairs
- Michigan Department of Transportation

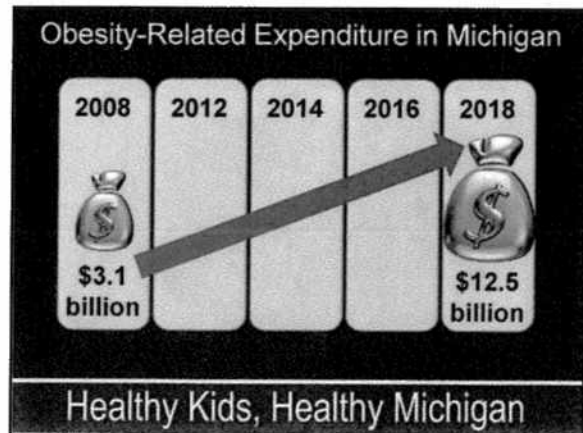
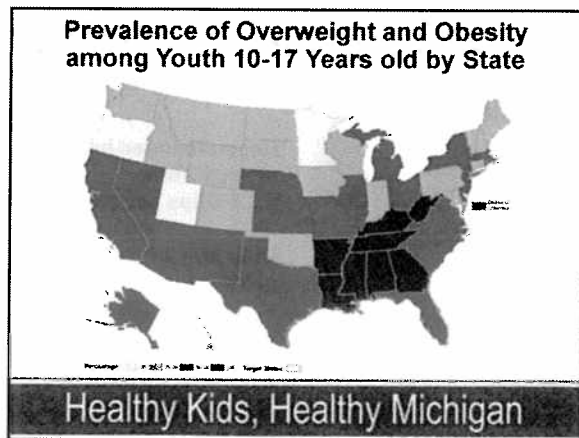


**Why address childhood obesity?**

- 30% of MI children, ages 10-17, are overweight or obese.
- Obesity in children (ages 6-11) has increased 5-fold in the last 35 years.
- Some experts warn that this is the first generation that will have a shorter life expectancy than their parents.
- Obese children are more likely to become obese adults.



**Healthy Kids, Healthy Michigan**



### Complications of Obesity

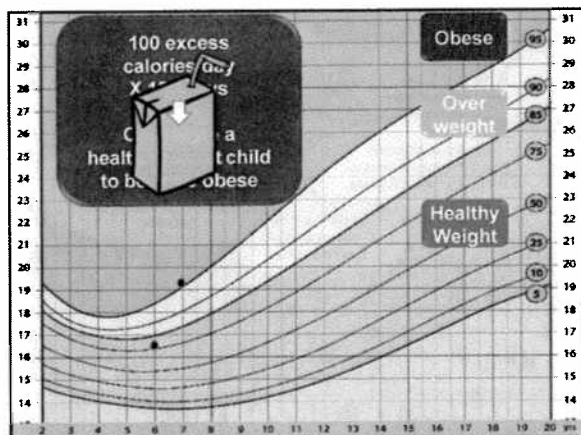
<b>Pulmonary</b> Exercise Intolerance Sleep Apnea Asthma		<b>Neurological</b> Pseudotumor Cerebri
<b>Gastrointestinal</b> Gallstones Gastro-esophageal Reflux Liver Disease		<b>Cardiovascular</b> High Blood Pressure High Cholesterol Chronic Inflammation
<b>Renal</b> Glomerulosclerosis		<b>Endocrine</b> Insulin Resistance Impaired Glucose Tolerance Diabetes Type 2 Precocious Puberty Polycystic Ovarian Syndrome
<b>Musculoskeletal</b> Slipped Capital Femoral Ankle Injuries Tibia Vara (Knock Knees) Flat Feet		<b>Psychosocial</b> Poor self-esteem Depression Stigmatization

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### Human Costs



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### Causes of Childhood Obesity



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### Calories In: Not Enough from Fruit




**Fruit and Vegetables**  
Recommended intake of vegetables = 2.5 Cups per day  
Only 36% of children get this amount

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## Healthy Kids, Healthy Michigan

### Obesity Prevention in Primary Care

- Michigan Care Improvement Registry
  - Allows entry of height and weight with automated calculation of BMI and BMI percentile
  - Provides decision support tools to help providers screen children annually for the prevention and treatment of obesity



## Healthy Kids, Healthy Michigan

### Advocates of Healthy Weight in Children

1 in 3 children are obese or overweight before their 5th birthday.

Michigan has 4,621 licensed childcare centers with a capacity of 295,970 children.

Child care services provide a valuable opportunity to promote healthy eating and energy balance in children.

**Why focus on obesity prevention in early childhood?**

In Michigan, among low-income children ages 2-5 years, an average of 16.3% were overweight and 13.3% were obese.




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### Early Childhood: Child Care Policy Focus

Licensed Child Care Centers  
Working toward revision of the 2008 Licensing Rules for Child Care Centers

- Strengthening nutrition standards specific to beverages to include:**
  - Serving skim or 1% milk after age 2
  - Limiting 100% fruit juice, and
  - Providing access to self-serve drinking water
- Increasing required daily physical activity to a minimum of 60 minutes through:**
  - Teacher-lead activities
  - Free, active play
  - Requiring annual physical activity education for child care providers
- Limiting television, video and computer time:**
  - To a maximum of 60 minutes a day for children 2 and older



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Obese children are more likely to become obese adults.

If we improve places to be active, the number of people who exercise 3x/week will increase by 25%.

Residents are 65% more likely to walk in a neighborhood with sidewalks.

55% of Americans would prefer to drive less and walk/bike more.

**Why focus on obesity prevention in communities?**



## Healthy Kids, Healthy Michigan

### What do communities look like that have SRTS?

- We value our children by providing safe opportunities to be physically active and age-appropriate independence.
- Our children can safely walk and bike to school and other destinations (library, parks, stores) in the community.



## Healthy Kids, Healthy Michigan

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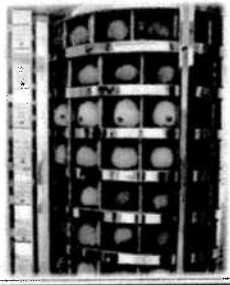
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## Healthy Kids, Healthy Michigan

### What have we done about nutrition in schools?

- Our work...
  - Improves food and beverages available on school campuses through recommendations adopted by the State Board of Education.



## Healthy Kids, Healthy Michigan

### Why focus on obesity prevention in schools?

- Schools have the unique opportunity to teach and role model healthy behaviors.
- Michigan schools reach over 1.5 million children a day, over 180 days a year.
- Over 23 million school meals were served to Michigan students last year.
- Students spend most almost as much time in school as they do sleeping.
- Healthy Kids = Better Learners = Academic Success!



*Advocates of Healthy Weight in Children*

## Healthy Kids, Healthy Michigan

### What would Michigan schools look like with Nutrition Standards?


- Increased variety and quantity of colorful fruits & vegetables
- Limiting high fat fried foods
- More whole grain products
- Lower sodium foods
- Emphasis on whole foods and not on processed foods
- Encourage families to pack healthy food and beverages



## Healthy Kids, Healthy Michigan

### What would Michigan schools look like with Coordinated School Health Councils?


- A school-community team coordinates all resources aimed at promoting student and staff health.



## Healthy Kids, Healthy Michigan

### What would Michigan schools look like with Quality Health and Physical Education?

- Students have the knowledge and skills necessary to form healthy habits and be physically active for life.
  - PE national standard: 150 minutes/week for elementary and 225 minutes/week for middle and high school
- More students succeed - Improved attention span and cognitive function lead to academic success.



## Healthy Kids, Healthy Michigan

### Why focus on childhood obesity in health care?

- Healthcare costs for obese children are greater than for their normal weight peers.
- All children should receive annual BMI screening an essential first step to preventing weight-related health problems that can begin in childhood.
- Children growing up today will have more chronic diseases and premature deaths from obesity-related illnesses than from exposure to tobacco, alcohol or drugs.




*Advocates of Healthy Weight in Children*

## Healthy Kids, Healthy Michigan

### What are we doing about Food Deserts?


Our work....

- Improves access to healthy food options in underserved areas.
- Keeps grocers better stocked throughout the entire month.




## Healthy Kids, Healthy Michigan

### Food Access Success!



- P.A. 231 of 2008 signed into law.
  - Amendment to the Commercial Rehabilitation Act to allow food retailers to qualify for the property tax incentive.
- In January 2011, Michigan Department of Human Services:
  - phased in a system to stagger food-assistance payments




## Healthy Kids, Healthy Michigan

### What are we doing about obesity coverage in health care?

Our work....


- Helps patients access their benefits for obesity services.
- Clarifies accepted diagnosis and billing codes for providers.



## Healthy Kids, Healthy Michigan

### Medicaid Policy Clarification Success!

- Applies to all Medicaid beneficiaries and billers:
  - Medicaid Health Plans (majority of children, managed care).
  - Medicaid Fee-for-Service.
- The Medicaid Provider Manual contains Medicaid policy and must be followed by all providers.
- Evaluation efforts are currently underway.




## Healthy Kids, Healthy Michigan

### What are we doing about physical inactivity?

Our work...

- Provides "roads for all modes" through Complete Streets legislation.



## Healthy Kids, Healthy Michigan


### Complete Streets Success!

PA 135 and 134, signed into law on August 1, 2010.  
Michigan is 14th state to pass a law.


Complete Streets = Active Infrastructure!

There is no prescription for a complete street


Urban



Suburban




Rural



### Calories In: Not Enough from Vegetables

**Fruit and Vegetables**



Recommended intake of fruit  
= 1.5 Cups per day

Only 25% of children get this amount

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### Calories Out: Daily Activity



Recommended amount of physical activity for children in the US  
= 60 minutes

Average amount of physical activity children in the US actually get  
= 11 minutes


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### Causes of Childhood Obesity




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### Healthy Kids, Healthy Michigan



Across Michigan, leaders are advocating for policies that help create environments where healthy choices are available and desired when someone is given the opportunity to choose.




GO!

Be Fit.  
Look Good.  
Feel Strong.

5  
4  
3  
2  
1

### Healthy Kids, Healthy Michigan



**Wherever kids go, we are there!**

- Reaching kids through:
  - Schools
  - Communities
  - Child Care
  - Health Care System

